



Educator Self-Care

Definition:

Self-care is the act of taking care of yourself. How a person thinks through a situation affects his/her attitudes and behaviors. Educators must prioritize their own well-being and place the same importance for self as they do for the mental health of the children they teach.

Guiding Question

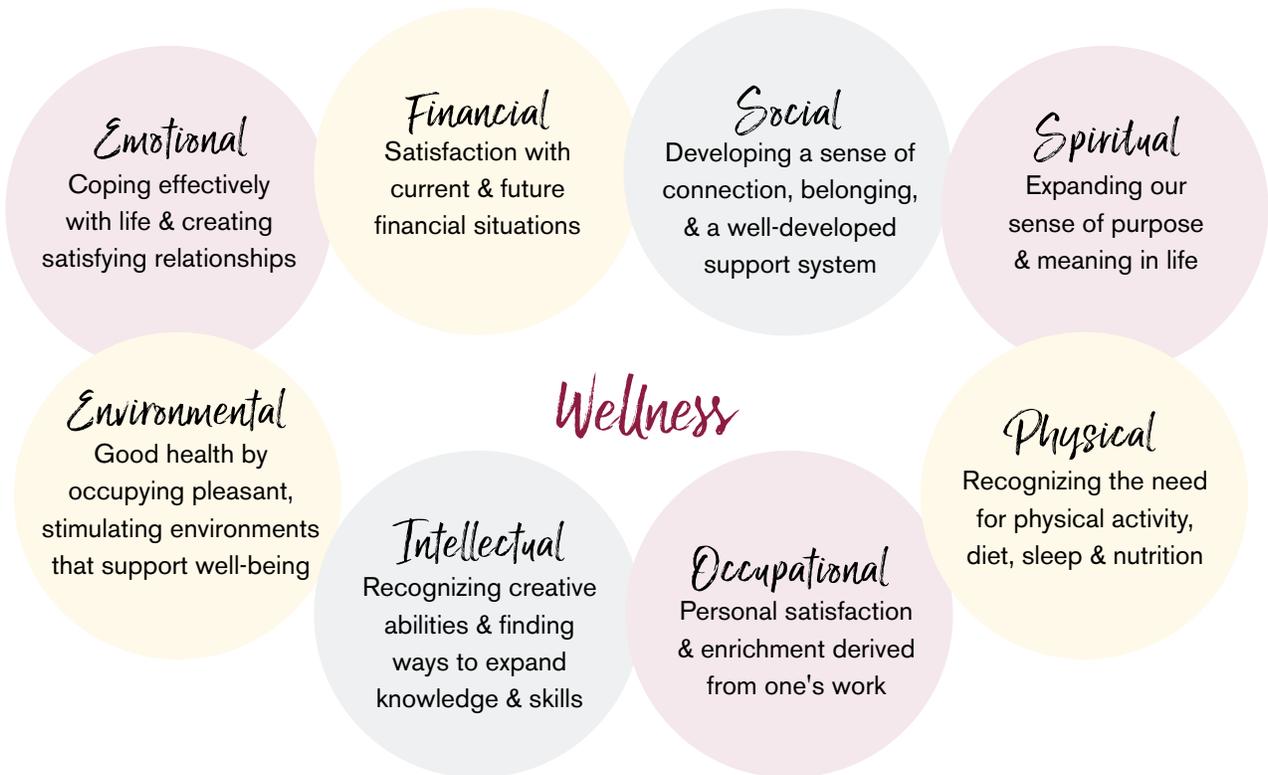
What can I do to practice self-care daily, so I can have a healthy and happy mindset to affect my students in a positive way?

Why is Self-Care Important?

Research has shown that 30-40 percent of teachers leave the profession in the first five years of teaching. More than 61 percent of teachers indicate they feel high stress daily; this stress often trickles down to their students. Happier, healthier teachers make for happier, healthier students.

Critical Attributes of Self-Care

Dr. Peggy Swarbrick's Wellness model, also known as the "8 Dimensions" model, provides a framework for the pursuit of wellness: Physical, Spiritual, Social, Intellectual, Emotional/Mental, Occupational, Environmental, Financial. The model (below) features adjacent dimensions overlapping to convey that all are connected and reliant on one another.



5 High-Leverage Practices to Support Educator *Well-being*

Educator SEL

Establish Balance and Boundaries

- Understand the "Cost of Caring"
- Form healthy habits
- Ask for help and learn to say no

[7 Habits of Healthy Educators](#)

Examine Identity

- Define values and pursue purpose
- Investigate privilege and power
- Uncover bias
- Reflect on work style

[Passion Profiles Activity](#)

Explore Emotions

- Label emotions
- Recognize physical reactions
- Respond rather than react

[1-Minute Breathing Exercise](#)

Orient Toward Optimism

- Recognize negativity bias
- Reframe and retrain the brain
- Practice gratitude

[Gratitude Changes the Brain](#)

Cultivate Compassion Curiosity

- Apply an asset-based lens
- Listen with empathy
- View behavior as communication

[Lens as a Paradigm Prompt](#)

Additional Resources

- [A New Way to Think About Work-Life Balance](#)
- [Mindset Coaching for Mental Health](#)
- [Self-Care Worksheet](#)